

SUPPORT GROUPS

Connect with others facing similar challenges through the sharing of experience and support.

ADULT SUPPORT (Ages 17+)

For those wanting to talk about the challenges of living with an eating disorder, share successes, offer insights, and find and inspire hope. This group provides a supportive environment to facilitate discussion and encourage the sharing of solutions and strategies.

When: Mondays 6:30 – 8:00 pm

Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

Note: No group February 16th, 2015.

When: Fridays 10:00 – 11:30 am

Facilitator: Lauren Drouillard, MSW, RSW

YOUNG ADULT (Ages 17 – 30)

This group provides support for young adults who are struggling with their eating and/or body image issues. There is a particular focus on issues specific to this age group, such as living independently, choosing careers, academic pressures and relationship concerns.

When: Tuesdays 6:30 – 8:00 pm &

Wednesdays 5:30 – 7:00 pm **NEW TIME!**

Facilitator: Victoria Freeman, MSW, RSW

FAMILY, FRIENDS AND PARTNERS

Explore your experience of having a family member, partner or friend with an eating disorder.

When: Tuesdays 6:30 – 8:00 pm

Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

When: Wednesdays 5:30 – 7:00 pm **NEW TIME AND DAY!**

Facilitator: Deb Berlin-Romalis, BSW, MSW, RSW

Note: No group Wednesday January 7th, 2015.

BREAKING THROUGH BINGEING

A supportive environment for those wanting to talk about the challenges of living with bingeing symptoms. Group members gain the opportunity to give and receive support in a facilitated discussion that encourages the sharing of solutions and strategies.

When: Thursdays 4:30 – 6:00 pm

Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

LIFE AFTER ‘ED’

Explore your feelings and experiences of being recovered and what life really looks like after an eating disorder.

When: Tuesdays 4:30 – 6:00 pm

Offered: January 6th – March 10th, 2015

Facilitator: Shelly Dilawri, BSc., OT (Reg)

MEN’S SUPPORT GROUP

A forum for men to explore their concerns related to body image, food preoccupation, struggles with weight and shape, or compulsive/excessive exercising.

When: Wednesdays 6:30 – 8:00 pm **NEW DAY!**

Offered: January 7th – March 11th, 2015

Facilitator: David Lubert, MSW, RSW

Note: This group is offered off-site.

FABULOUS FORTIES, FIFTIES AND FORWARD

Explore your feelings and experience of having an eating disorder with people your own age. A great opportunity for building community, breaking isolation, and sharing mid-life’s challenges such as career and family changes, hormonal issues, chronic illness, stress and social expectations.

When: Thursdays 6:30 – 8:00 pm

Offered: January 8th – March 12th, 2015

Facilitator: Ara Blumenfeld, BA, SSW

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

ART STUDIO

Every week participants are lead through different art projects using specific materials. The goal is to use art-making to build self-esteem, take risks, and find your creative voice.

When: Wednesdays 1:00 – 3:00 pm

Offered: January 7th – March 11th, 2015

Facilitators: Jennifer Polo, BSc, MA, OACA

& Debbie Anderson, BA, dTATI

CREATIVE SINGING

Discover your natural voice and gain confidence with this unique approach to creative vocal expression. Explore singing, sounding, speaking and song writing. Though songs are provided, you are also welcome to bring your own. No experience necessary.

When: Fridays 1:00 – 2:30 pm **NEW TIME AND DAY!**

Offered: January 9th – March 13th, 2015

Facilitator: Honey Novick

DRUMMING FOR WELLNESS AND STRENGTH

Explore your natural rhythms while contributing to the group song. Learn basic hand-drumming techniques and engage in rhythm-based activities using a variety of African hand drums and world percussion instruments. No previous musical or drumming experience is necessary.

When: Fridays 3:00 – 4:30 pm **NEW TIME AND DAY!**

Offered: January 9th – March 13th, 2015

Facilitator: Rhonda Pelshea, BA, MSW, RSW

BODY IMAGE GROUPS

Through discussion and/or gentle movements, learn skills to reconnect with your body

SELF IMAGE

For anyone struggling with body image, develop new strategies to improve your self-image while also exploring the thoughts, behaviours and emotions that affect your feelings about your body. Using principles from Cognitive Behavioural Therapy (CBT), learn practical coping skills and share your challenges with others experiencing similar concerns.

When: Tuesdays 4:30 – 6:00 pm

Offered: January 6th – March 10th, 2015

Facilitator: Victoria Freeman, MSW, RSW

POSITIVELY PILATES

Master Pilates Instructor Michelle Hales uses the Pilates method of mindful movement to re-educate, rejuvenate and reawaken your body and spirit. Nurture your mind and body as you develop both inner and outer strength!

When: Fridays 12:30-2:00 pm

Offered: January 9th – March 13th, 2014

Facilitator: Michelle Hales, PMA certified

Note: This group is offered off-site at Retrofit Pilates Toronto: 2323 Bloor Street West, Toronto.

SKILL BUILDING GROUPS

Structured groups with a focus on learning new skills for coping, reducing harm and creating change

WAYS TO STOP BINGEING

Do you ‘watch’ and ‘listen’ to your thoughts and feelings? Explore becoming an informed and non-judgmental ‘observer’ of your eating patterns. Learn new ways of relating to food and yourself.

When: Mondays 4:30 – 6:00 pm **NEW DAY!**

Offered: January 12th – March 9th, 2015

Facilitator: Deb Berlin-Romalis, BSW, MSW, RSW

Note: No group February 16th, 2015.

TAKING CHARGE OF MY LIFE

Learn how to take on everyday responsibilities. Empowerment, work roles, sexuality and conflict resolution will be tied to practical life skills and weekly goal setting.

When: Tuesdays 4:30 – 6:00 pm

Offered: January 6th – March 10th, 2015

Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

Explore the various relationships in your life (partners, friends, family) and the challenges you face within them. Learn how to build, maintain and repair new and old relationships through effective interpersonal skills.

When: Tuesdays 6:30 – 8:00 pm

Offered: January 6th – March 10th, 2015

Facilitators: Shelly Dilawri, BSc., OT (Reg)

WHOLEHEARTED LIVING

Weekly sessions will focus on understanding and developing self-compassion, courage and worthiness. Discussions are guided to encourage the development of strategies to address vulnerability and shame as well as the fostering of a wholehearted approach to living.

When: Tuesdays 10:00 – 11:30 am

Offered: January 6th – March 10th, 2015

Facilitator: Joanna Potkanska, MSW, RSW

TRAUMA, ED’S, THE BODY & YOU

Understand the link between trauma and eating disorders, while learning to quiet the distress in your mind and reconnect with your body.

When: Wednesdays 6:30 – 8:00 pm

Offered: January 7th – March 11th, 2015

Facilitator: Joanna Potkanska, MSW, RSW

INTRODUCTION TO DIALECTICAL BEHAVIOURAL THERAPY FOR BINGE EATING AND BULIMIA

This group will introduce individuals to skills such as mindfulness, distress tolerance, and emotional regulation in a safe and supportive environment.

When: Wednesday 10:00 – 11:30 am

Offered: January 21th – March 11th, 2015

Facilitator: Cynthia Shea, BSW, MSW, RSW

GOALS WITH SOUL

How many times have you reached a goal only to find that you didn't feel the way you thought you would when you got there? What if you started with the question "How do I want to feel?" and worked backwards from there to create goals with soul? Inspired by the book *The Desire Map* by Danielle LaPorte, we will do just that through writing exercises, meditation and maybe just a little bit of fun. Please bring a journal and your favorite pen.

When: Wednesdays 4:30 – 6:00 pm

Offered: January 7th – March 11th, 2015

Facilitator: Cecilia Moorcroft, BA

EATING DISORDERS & ANXIETY

Are you looking for ways to tame anxiety and an eating disorder at the same time? This group offers support, insight and coping strategies for challenges with EDs and anxiety.

When: Thursdays 6:30 – 8:00 pm

Offered: January 8th – March 12th, 2015

Facilitator: Kimberly Murdoch, BSW, RWS, dipl.HSC, NTS

RELAPSE PREVENTION

Preventing relapse is a complex process that involves making and maintaining change in a variety of different areas of life. Participants are assisted in acknowledging where they are in their recovery, understanding what to expect during the recovery process, learning new ways to cope in recovery, and exploring life beyond an eating disorder. Participants will receive information and support, develop skills to cope with symptoms and the challenges of daily-life, and better understand the process of recovery and maintaining change.

When: Thursdays 6:30 – 8:00 pm

Offered: January 8th – March 12th, 2015

Facilitator: Danielle Woodcock, MSW, RSW

WORKSHOPS

Limited 1 workshop per person.

VISION BOARD

Create a collage of images and affirmations of what makes you happy and what you wish to bring into your life. The premise of a vision board is the law of attraction that "like attracts like" and, as such, by focusing one's attention on the items on the board, and holding the good feelings that they create, we can draw more positivity and manifest things in our life that make us happy.

When: Saturday, January 24th, 10:00 am – 1:00 pm

Offered: 1 session

Facilitator: Joanna Sipos, BA

WEN-DO WOMEN’S SELF-DEFENCE

This introductory Wen-Do Women’s Self-Defence workshop will offer a safe space for women of all ages, sizes and abilities to learn simple, effective verbal and physical self-defence techniques.

When: Saturday, January 24th, 10:00 am – 1:00 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

WORKSHOPS *continued...*

NEW! CULTIVATING HEALTHY, SUPPORTIVE RELATIONSHIPS WITH OTHERS AND WITH YOURSELF

This workshop focuses on cultivating supportive relationships with friends, family, significant others and, most importantly, yourself. Safety during disclosures, effective communication and self-care will be among the topics covered.

When: Saturday, February 7th, 10 am – 1 pm

Offered: 1 session

Facilitator: Victoria Freeman, MSW, RSW

NEW! WHOLEHEARTED LIVING

Through the recognition, understanding and appreciation for self-compassion, courage and worthiness, discussions are guided to develop strategies in addressing vulnerability and shame. Topics will be pieced together to generate self-compassion and growth for wholehearted living.

When: Monday, February 23rd, 6:00 – 8:00 pm

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

NEW! EMBRACING FORGIVENESS

Through meditation, writing and discussion we learn to let go of the past and embrace feelings of peace, hope and gratitude.

When: Saturday, February 28th, 10 am – 1 pm

Offered: 1 session

Facilitator: Joanna Sipos, BA

NEW! TREE OF LIFE: AN EXPRESSIVE ARTS WORKSHOP

In this workshop we will explore together the Tree of Life exercise, an art-based project that draws on narrative therapy and supports people to gain new perspectives on their experiences from a place of strength. There will be gentle body-based awareness exercises, rhythmic and drumming activities, and individual art-making. No arts experience necessary.

When: Saturday, February 28th, 10 am – 1 pm

Offered: 1 session

Facilitator: Patricia Ki, DTATI, MSW, RSW & Rhonda Pelshea, MSW, RSW

MEN, BODY IMAGE & SELF-ESTEEM

A workshop for men to explore issues surrounding masculinity, sexuality, body image and self-esteem. The workshop will explore where messages about masculinity and being a man come from as well as beliefs about sexuality, and how these have impacted the attendees' senses of self-esteem and identity. The workshop will also explore attendees' thoughts, feelings and relationship with their bodies, including relationships with food and exercise, and how self-worth can be developed away from physical appearance.

When: Saturday, January 17th, 10 am – 1 pm

Offered: 1 session

Facilitator: David Lubert, MSW, RSW

OTHER SERVICES

ART GALLERY OF ONTARIO (AGO)

In partnership with the AGO, Sheena's Place offers clients free passes to a variety of exhibitions. The AGO card is available at the front desk for Sheena's Place clients to borrow one week at a time. It will admit two people to the Art Gallery of Ontario's permanent and special exhibitions for free. We require a \$5 deposit, which will be returned to you when you return the AGO card.

LENDING LIBRARY

Our on-site library provides books and reference materials on eating disorders, mental health, body image, self-care, spirituality, gender, health education, and relationship issues. Clients may sign out a maximum of two books at a time and can borrow books for two weeks.

WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders and some of the populations we serve.

SOCIAL MEDIA

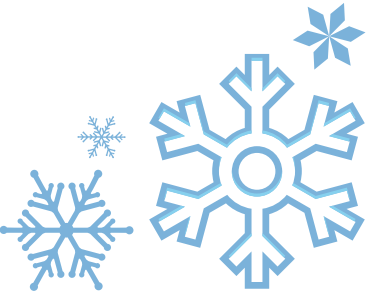
For inspirational quotes and group updates, follow us on Twitter: @sheenasplace, like us on Facebook: facebook.com/sheenasplacetoronto and follow us on Instagram: @sheenasplace

HOUSE POLICIES

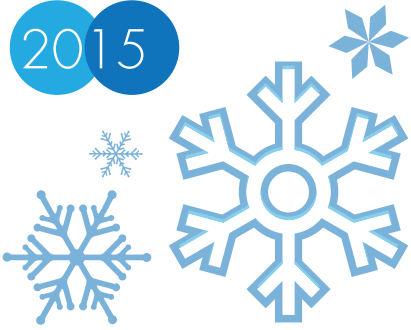
- You may arrive (no more than) 30 minutes before your group. Following your group, please leave the room as quickly as you can so that members of the next group have time to get settled.
- **NEW!** Group members who arrive more than 20 minutes after the group begins will not be able to take part in the group.
- Your room may have a group in progress when you arrive; therefore, please do not enter the room until the door is open. Signs will be posted indicating when groups are in session.
- Depending on availability, you may use the lending library prior to your group. Please sign out books at the front desk.
- Sheena's Place closes promptly at 8pm Monday - Thursday.

A FEW GROUP GUIDELINE REMINDERS

- Food, weight, dieting, calories, specific eating disordered behaviour or exercise behaviours are off-limit topics. You can refer to being more or less symptomatic, but you cannot say, for example, "I used to weigh x number of pounds" or "I ran x miles".
- Own your feelings by speaking from an "I" perspective. The use of "you" may be interpreted as offering advice or an interpretation of someone else's experience.



WINTER 2015



WELCOME

Program Calendar

Sheena's Place is a support center for individuals, families and friends affected by eating disorders. We provide a wide range of professionally facilitated groups that are support and skills-based. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful and helpful information at all stages of recovery.

87 Spadina Rd. Toronto, Ontario M5R 2T1 Tel: 416.927.8900 Fax: 416.927.8844 www.sheenasplace.org

Please visit us online at www.sheenasplace.org/register for more information and to register for programs.

WINTER Registration Dates: November 24th to December 5th, 2014

REGISTRATION & CONFIRMATIONS

Register online or in person only. We cannot process registrations prior to the dates shown. Confirmations are forwarded a week after the seasons registration period ends. We cannot take registrations over the phone or by mail. We are only able to accommodate a certain amount of individuals in each group, and they are filled on a first come, first serve basis. Each group has a maximum number of participants. Please arrive on time to ensure you have a spot in the group.

UNDERSTANDING GROUP CODES

- C Closed:** Closed groups are seasonal. Registration is unavailable after the second session.
- O Open:** Open groups are seasonal. You can register/join anytime during the season they are offered, space allowing.
- OG On Going:** Ongoing groups are available to register/join at any time during the year.

For each season you can register for **up to two** seasonal (OPEN or CLOSED) groups, **plus any** of the ONGOING groups.

INFORMATION SESSIONS

We offer two kinds of information sessions—individual pre-booked information session OR a drop-in information session:

1. Individual Information Session

An experienced volunteer will speak with you either by phone or in person about Sheena's Place and our services. You will be able to learn and ask questions about our groups to get help in finding the right one for you. Interviews are open to those struggling with an eating disorder as well as family, friends, partners and professionals.

Appointment Interview Days & Times

Mondays, Tuesdays & Wednesdays at 5:30pm, 6:15pm, and 7:00pm

Call in advance to book an appointment: 416.927.8900

2. Drop In Information Session

Wednesdays, 11:00am to 1:00pm, NO appointment necessary

Ask questions about our groups and tour the house. Open to those struggling with an eating disorder as well as friends, family, partners and professionals.

Holiday Closures: December 22nd 2014 – January 2nd 2015; February 16th, 2015

Events: Client Appreciation Party: December 18th, 2014 6:30-8pm

Follow us on Twitter @sheenasplace Like us on Facebook facebook.com/sheenasplacetoronto Follow us on Instagram @sheenasplace

